



## Questions to Ask Yourself

- ◆ Do I want to finish school before having a baby?
- ◆ Can I support a baby?  
Do I have a job?
- ◆ Do I have the emotional support to care for a baby?
- ◆ Am I in a lasting relationship that will be good for a baby?

**This guide can help  
you decide the best way  
to plan your family.**

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# Parents by Choice



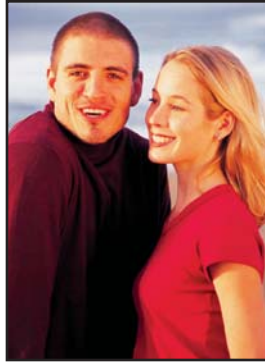
## INFORMATIONAL GUIDE TO FAMILY PLANNING

*Departments of Social Services,  
Labor, Health, Education  
and Indian Health Services*

# ◆ Parents by Choice ◆ Parents by Choice ◆ Parents by Choice ◆

## Family Planning

Family planning is making the decision to become a parent by choice, spacing the birth of your children or limiting the size of your family. There are several ways to decide if it is the right time to have a new baby. Some things to consider are your physical, financial and emotional ability to care for a new baby.



The Departments of Social Services, Labor, Health, Education and Indian Health Services work together to provide services to families regarding family planning and birth control.

## Birth Control Methods

Your choice of family planning is a personal decision between you and your partner. You may consider several family planning choices. You must decide what is best for you.

## Medical Assistance Pays for Birth Control

South Dakota Medical Assistance pays for birth control services and supplies for eligible recipients. You can receive services through a doctor, family planning clinic, community health nurse or Indian Health Services.

## BIRTH CONTROL METHODS

The following chart outlines family planning choices you may consider.

<b>Abstinence (not having sex)</b>	100 percent effective and protects against sexually-transmitted diseases.
<b>Birth Control Pills</b>	Prescription. 95 to more than 99 percent effective when used properly.
<b>Condoms</b>	Protects against most sexually-transmitted diseases. 79 to 97 percent effective.
<b>Spermicide</b>	Foams, gels or creams. As low as 50 percent effective when used alone. More effective when used with a condom or diaphragm.
<b>Diaphragm/ Cervical CAP</b>	Prescription. Must also use spermicide. 60 to 91 percent effective.
<b>IUD</b>	Intrauterine Device. Inserted by medical provider. Prescription. 99 percent effective.
<b>Contraceptive Patch</b>	Prescription hormonal patch. More than 99 percent effective.
<b>Depo-Provera</b>	Shot every 10-13 weeks. Prescription. More than 99 percent effective.
<b>Vasectomy</b>	Surgical procedure for males. Consent form requirements must be completed for Medical Assistance to pay. More than 99.8 percent effective.
<b>Tubal Ligation</b>	Surgical procedure for females. Consent form requirements must be completed for Medical Assistance to pay. More than 99.8 percent effective.
<b>Vaginal Ring</b>	Ring inserted into the vagina that releases hormones. Prescription. 99 percent effective.

*\* Abstinence is the only method that is 100 percent effective and completely protects against sexually-transmitted diseases.*